Wisdom hath builded her house, she hath hewn out her seven pillars: She hath killed her beasts; she hath mingled her wine; she hath also furnished her table. She hath sent forth her maidens: she crieth upon the highest places of the city, Whoso is simple, let him turn in hither: as for him that wanteth understanding, she saith to him, Come, eat of my bread, and drink of the wine which I have mingled. Forsake the foolish, and live; and go in the way of understanding.

Sophia

A Devotional Newsletter of St. Sophia Parish

St. Sophia Orthodox Church
195 Joseph St.
Victoria, BC
V8S 3H6
Canada

St. Sophia Orthodox Church

a Parish of the Russian Orthodox Church Outside of Russia

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Archpriest John Adams
Priest Philosoph Uhlman
Protodeacon Gordian Bruce
Deacon Olexandr Savitskyi

SOPHIA NEWSLETTER

Issue #115 November 2021

NOVEMBER SERVICES

Sat. Nov. 6 - St. Demetrius Saturday *Pannykhida*
5:30 pm; Vigil 6 pm; **Confession following**
Sun. Nov. 7 - Divine Liturgy 10:15 am
Sun. Nov. 7 - Evening Vespers - 4 pm

Sat. Nov. 13 - Vigil 6pm; **Confession following**
Sun. Nov. 14 - Divine Liturgy 10:15 am
Sun. Nov. 14 - Vespers - 4 pm

Sat. Nov. 20 - Vigil 6 pm; **Confession following**
Sun. Nov. 21 - Divine Liturgy 10:15 am
Sun. Nov. 21 - Vespers - 4 pm

Sat. Nov. 27 - Vigil 6 pm; **Confession following**
Sun. Nov. 28 - Divine Liturgy 10:15 am
Sun. Nov. 28 - Vespers - 4 pm

~: Start of the Nativity Fast is Sunday, November 28th :~

NOVEMBER SAINTS' DAYS

Congratulations to Victoria, Gregory, Michael, Anastasia, and Stephanie!
May God grant you many years!

THANK YOU! With gratitude to Elizabeth and Naomi for cleaning the church in October, and to Evguenia and Marie for the beautiful October floral church arrangements, and to the Stojkovic/Tellier families for the bouquet donation$!

Thank you Melania for the church garden and grounds care! If any parishioners have time to also help outside in November, and rake the plethora of fall leaves from the sidewalks on both Joseph St. and May St. -in front of and beside the church, please let Melania know. May God reward your efforts!

Photo & Scripture quote by Juliana

Please Help Support Our Church!

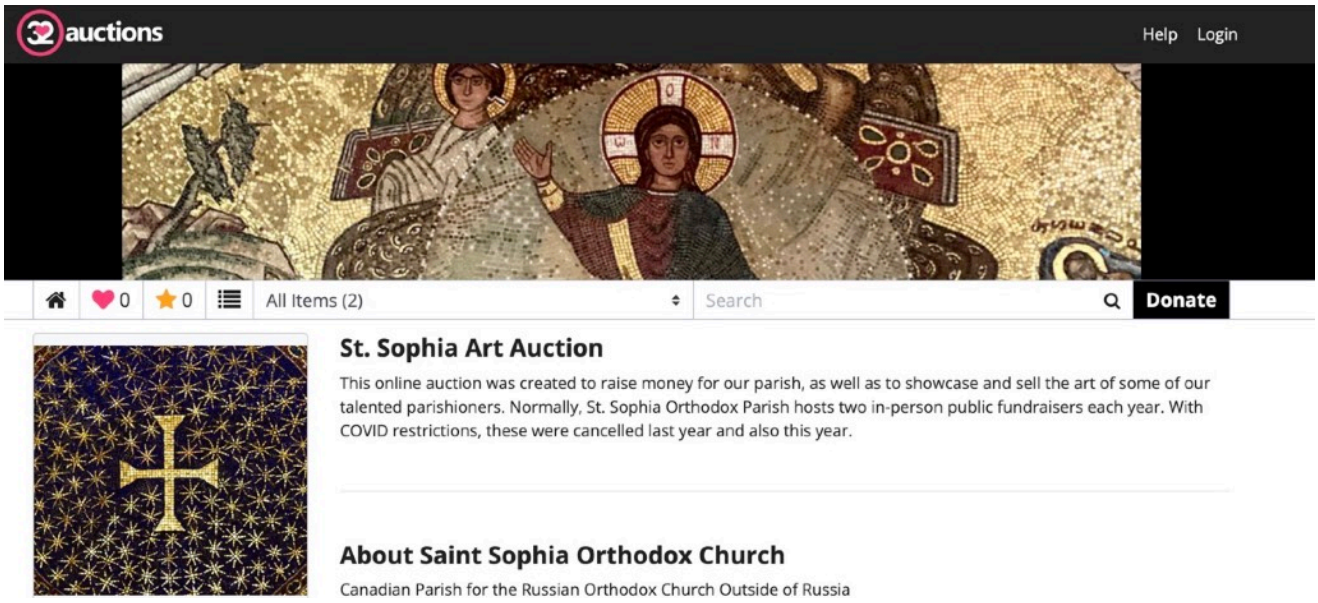
Easy Online General Tithing Options

How to PayPal

Through the easy PayPal link on the parish website.

How to E-Transfer

1. Log into your online or mobile banking app
2. Select "transfer money"
3. Choose or add recipient's email: **sales@saintsophia.ca**
4. Enter the amount to send
5. In the optional message box write what it's for
6. Click Accept and Send



ST. SOPHIA ONLINE SILENT ART AUCTION

Online art auction runs Nov.19 to Dec. 3.

We have some great donations so far, from talented artists of the parish.

Many of you are also art lovers, so we hope you will participate as a way to support the maintenance and ongoing enhancement of St Sophia.

Be prepared to browse when the auction opens November 19.

We will be sending an auction link to the parish email list early November.

For more information, please contact Helena (Lenore) at

LHietkamp@gmail.com

Parish Sales Only

for

WEST COAST GIFT BASKET RAFFLE

It's been two very long years since the last parish fundraiser.

Meanwhile, along with monthly bills and expenses, we've been trying to continue beautifying God's House, with new mosaic icons, and the recent marble to finish the pillars!

Please help support our Church!

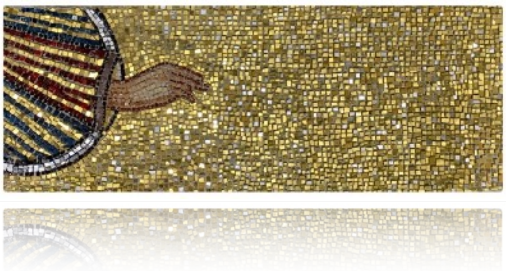
Pre-Bazaar Raffle Ticket Sales continue
Sun. Nov. 7 & Sun. Nov. 14
after Liturgy in trapeza.

West Coast Gift Basket

Maple-Glazed Smoked Salmon, Beeswax Candles, 2 Porcelain China Mugs, Gulf Islands Coffee, Empress Tea, Sea Cider (Farm & Cider House), Artisan Extra Virgin Olive Oil Spray, Organic Balsamic Reduction, Matushka's Blueberry Jam & Rose Petal Jelly, Moutarde au Cassis Mustard, Donini Milk Chocolate, Napkins, GF Crackers, Wax-Preserved Artisan Cheese Wheels

Coming soon: Private Mini Bazaar for Parishioners Only (date on parish bulletin board)

Bake Sale, Preserves, Frozen Fruit Pies, Frozen Pelmeni, Sewing, & Crafts



SISTERHOOD

October's Sisterhood's Charitable Alms went to Victoria's volunteer and non-profit ***Red Cedar Café*** *who offer a* ***'pay what you can' community meal program*** *providing healthy, tasty, affordable meals to seniors, people in self-isolation and those in need within Lekwungen and W̱SÁNEĆ territory. Internationally, we also remembered* ***Father Nektariy****, at his* ***ROCOR Mission in Mexico City*** *- keeping the Light of Orthodoxy in Mexico, Honduras, Dominican Republic, Cuba, Spain, Argentina and other countries which follow his services online during quarantine.* ***Each charity received a financial gift of $50 CDN.***

BECOME A PILLAR IN THE CHURCH!

As in times of old and emulating the original St. Sophia in Constantinople, we've adorned the bases of our own interior six church pillars with marble! Please help support this project by providing a cheque to "St. Sophia Orthodox Church" with the memo "Pillar". Or, make a one time donation through PayPal, (scroll down on parish link) and click 'Donate' button at the bottom. You will be guided through a payment process. (Be sure you add 21¢ to the dollar value via PayPal. The 21¢ directs this donation specifically reserved towards the pillars.) There is another option of paying by ***E-Transfer****, as described near the beginning of this Newsletter, under* ***Please Help Support Our Church!***

…Sanctify them that love the beauty of Thy house. ~ Excerpt from priest's prayer 2nd Antiphon

PEARLS OF WISDOM

All the blessings of the soul, is all that constitutes the true life, the peace and joy of the soul, come from God! This I have proved from experience. My heart tells me so. Thou, O Holy Ghost, art a treasury of blessings!
~ *My Life in Christ by St. John of Kronstadt*

Real prayer, of course, does not come readily. It is no simple matter to preserve inspiration while surrounded by the icy waters of the world that does not pray. Christ cast the Divine Fire on the earth, and we pray to Him so to fire our hearts that we may not be overcome even by cosmic cold, that no black cloud blot out the bright flame.
~ *His Life is Mine by Archimandrite Sophrony*

From our Church heritage, we can infer that all the facts of theology, revealed to the great theologian fathers, who were filled with the Holy Spirit, were actually proved by the simple ascetic fathers. This took place at the level of daily life, conduct and personal experience in a most vivid and articulate manner. Through the example of these ascetic fathers, we are encouraged to believe and to trust that the Holy Spirit invites us as well to share in this holy and blessed communion with the Father, the Son, and the Holy Spirit.
~ *Orthodox Prayer Life: the Interior Way by Fr. Matthew the Poor*

What is the meaning of *the hidden man of the heart?* It is that man that forms in the heart when only good dispositions and feelings come to dwell therein. Examine these dispositions and feelings, and you will see the face of the man hidden in the heart. Here are these dispositions: *His Divine power hath given unto us all things that pertain unto life and godliness (*2 Peter 1:3) *and on your part, giving all diligence,* writes St. Peter *add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience,; and to patience godliness; and to*

godliness brotherly kindness, and to brotherly kindness love.
~Thoughts for Each Day of the Year (Excerpt pg. 34) by St. Theophan the Recluse

Knowledge which is concerned with the visible or which receives through the senses what comes from the visible, is called natural. Knowledge which is concerned with the power of the immaterial and the nature of incorporeal entities within a man is called spiritual because perceptions are received b the spirit and not by the senses. Because of these two origins (perceptions of the visible and the spiritual) each kind of knowledge alike comes to the knowledge bestowed by Divine power is called supra-natural. It is the more unfathomable and is higher than knowledge. Contemplation of this knowledge comes to the soul not from matter, which is outside it...it manifests and reveals itself I the innermost depths of the soul itself, immaterially, suddenly, spontaneously, and unexpectedly, since, according to the words of Christ, "the Kingdom of God is within you'. Luke 17:21. ~ *Creation, Genesis and Early Man" (St. Isaac the Syrian quote), by Fr. Seraphim Rose*

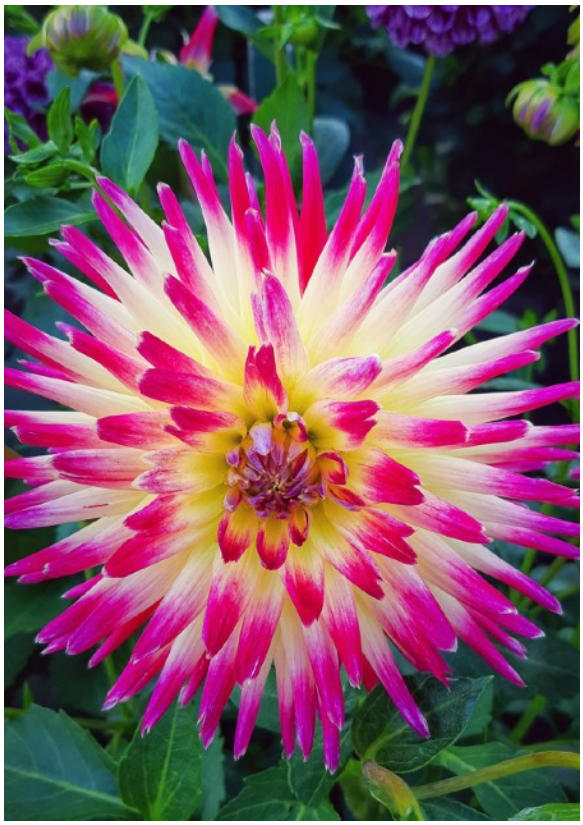
Observe all things made by man – houses, buildings large or small, towns, villages, peoples and their civilizations. Ask questions to enrich your knowledge about each and everything; don't be indifferent. This helps you meditate more deeply on the wonders of God. All things become opportunities for us to be joined more closely with everything and everyone. They become occasions for thanksgiving and prayer. Live in the in the midst of everything, nature and universe. Nature is the secret Gospel. But when one does not possess inner grace, nature is of no benefit. Nature awakens us, but it cannot bring us into Paradise. ~ *Wounded by Love (Excerpt from page 218), by Elder Porphyrios*

Prayer Before Consuming Prosphora and Holy Water

Proper Understanding and Use of Antidoron

After Divine Liturgy you may see some people picking up what appears to be crumbs off the floor. These are antidoron crumbs which have been accidentally crumbled by both adults and children. Please be very carefully when receiving antidoron. It has been blessed, and should not be trampled upon.

PROJECT FIRE FLOWER EXHIBITION



Have you ever thought how fireworks can resemble other living things, such as a beautiful Dahlia exploding into bloom?

One of our parishioners, Melania *(Divine Floral Cards)*, who is also part of the Visual Describers & Artistic Consultants Team for the **"Project Fire Flower"** exhibition, invites one and all…. ***To this unique showcase providing guests with a perspective on fireworks "seen through" touch, hearing, and vision.***

Collin van Uchelen, Ph.D. is the Conceptual Designer of Project Fire Flower, and appreciates pyrotechnical arts despite his own vision loss.

If you'll be in the Vancouver BC vicinity, come take a closer look at this art form using visual and/or non-visual senses. Displays are designed to enable viewers to "see" the transient structures of light created by the moving stars of fireworks as if frozen in time.

Project Fire Flower explores how visual art can be translated into non-visual forms.

The show is currently open at Grunt Gallery,

#116 – 350 E. 2nd Avenue, Vancouver, BC

Open *12 - 5 pm, Tuesday – Saturday* until December 11th

Admission is free and accessible to visitors who are blind, low vision, or sighted.

PRACTICAL TIPS

Vigil Service - an Evening Sacrifice

The liturgical day begins in the evening with the setting of the sun. This follows the Biblical account of creation, *"And the evening and the morning were the first day." (Gen. 1:5)*. On the eve of the Lord's Day, we gather for "Vigil" which is actually the first part of the Divine Liturgy.

If one is preparing for the Sacrament of Confession for Holy Communion, it is customary and strongly encouraged to come for Confession after the Vigil service is over, the night before Divine Liturgy.

A kind reminder: Unless you live far, far, away from church, or are sick, or chronically weak, or elderly, or have no mode of evening transport available, or work nights - then *these* extenuating circumstances are a special concession for Confession to be taken on a Liturgy morning.

Please plan for this Sacrament properly, ahead of time, and don't come to Liturgy *supposing* Confession will be conveniently available, while the Hours are being read. The clergy come two or more hours before a liturgy can even start, to prepare for the Liturgy, as there are many other things to be done in the altar.

Unexpected Liturgy morning Confessions can result with feelings of being rushed (for both parties), especially if there are several other people also lined up unexpectedly.

Please consider the situation of your Confessor or brothers and sisters in Christ, who may have to wait (sometimes with babes in arms and toddlers) for an extra long time before Liturgy can even start.

Remember to come for the Vigil service or towards the end of the Vigil service, if you wish to have Confession.

LINKS

- Fund for Assistance to help others in the Russian Orthodox Church Outside Russia
- Come and Dine St. Sophia Parish fasting recipes
- Morning Offering by Abbot Tryphon
- Orthodox Christianity
- Russian Orthodox Church Outside of Russia
- The Rudder Streaming Orthodox Christian sacred music 24/7
- Orthodox Northwest Bulletin Board for Events and Happenings
- Western America Diocese Official Site
- Abbreviated Prayerbook
- Official Site of the Montreal and Canadian Diocese
- Blisswood

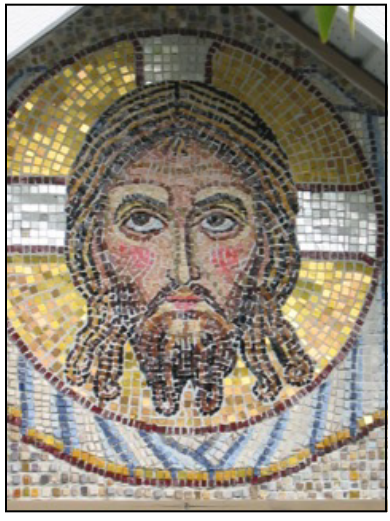
"We knew not whether we were in heaven or earth… We only know that God dwells there among men, and their service is fairer than the ceremonies of other nations."

The Orthodox Church

With these words, envoys sent from Russia by Prince Vladimir in the year 987 recorded their impression of Constantinople's awesome Orthodox Cathedral, Hagia Sophia. They had been sent to search for the true religion. Within a year of their report, Prince Vladimir and the Russian people were baptized in Christ by Orthodox missionaries. Today, as in Prince Vladimir's time, the Orthodox Church – fully aware that man is a union of body and soul – uses all the beauty of creation to move her faithful children to prayer and worship: icons, beautiful singing, sweet-smelling incense, and majestic services.

The Greek word 'Orthodoxia' means 'correct praise' or 'correct teaching' and in the Orthodox worship the praise and teaching are closely interwoven.

Jesus Christ founded His Church through the Apostles. By the grace received from God at Pentecost, the Apostles established the Church throughout the world. In Greece, Russia, and elsewhere, the True Apostolic Church continues to flourish, preserving the Faith of Christ pure and unchanged.



"Christ the Power of God,
and the Wisdom of God"

– First Corinthians

Troparion in the Second Tone

We bow down before Thine all pure image, O Good One, asking forgiveness of our transgressions, O Christ God; for Thou wast well pleased to ascend the Cross in the flesh of Thine own will, that Thou mightest save what Thou hadst created from slavery to the enemy. Wherefore, we cry out to Thee in thanksgiving: Thou hast filled all things with joy, O our Saviour, Who hast come to save the world.

Kontakion in the Second Tone

O uncircumscribable Word of the Father, knowing the victorious image, uninscribed and divinely wrought, of Thine ineffable and divine dispensation towards man, of Thy true incarnation, we honour it with veneration.